

9TH ANNUAL API HOPE AND RECOVERY CONFERENCE
By Karen Zarsadiaz-Ige, LACDMH Public Information Officer



On Wednesday, October 29, 2014, the Los Angeles County Department of Mental Health (LACDMH) Empowerment and Advocacy Division sponsored the ninth annual Asian & Pacific Islander Hope & Recovery Conference at the Almansor Court in Alhambra. Funded by the Mental Health Services Act (MHSA), this year's event was entitled "Life, Art & Movement in Recovery", and was open to all consumers and their family members.

Cindy Czernek and Llanette Morgan served as the Mistresses of Ceremony. LACDMH Program Director Helena Ditko, LCSW, welcomed everyone to the event. This year's keynote speaker was mental health advocate Emily Wu Truong who shared her story of hope, wellness and recovery to the audience.



Throughout the day, there were cultural performances from the Never Stop Band and Taiko drummers. A TAY panel and the API Speakers Bureau also had presentations before afternoon workshops concluded the conference. This year's presenters included Joana Arcangel, Peter Cho, Jung Hee Song, Raymond Kaneko, Llanette Morgan, Nami Roberts, Chanh To and Dr. Larry Yoshioka. Workshops included *Project Recovery: Future of Support Groups Online*, *Employment and Education*, *Coping with Bullying and Developing Intervention Strategies*, and *Qi Gong*.

